



COMMANDER'S CALL TOPICS

NOTE: This product has embedded hyperlinks and is best viewed online.

5-9 June 2017

Priority Topic of the Week

5-9 June

Post-Traumatic Stress Disorder (PTSD) Month

Overview

- Post-Traumatic Stress Disorder (PTSD) is a mental health condition which may occur after someone experiences a traumatic event, such as combat, sexual or physical assault, or a natural or man-made disaster.
- PTSD not only impacts the person who suffers from it, but those around them so it is important we educate all military members and family members about it.
- The Air Force's highest priority is taking care of our Airmen - they deserve to be in the best physical, psychological and emotional health to meet challenges at home station and when deployed.

Things to know

- A PTSD diagnosis is **not** the end of one's career.
- Leaders at every level should be engaged with their Airmen's care and recovery.
- Ask questions, be involved. Remind them they are not alone and they are not a failure because of this diagnosis.
- PTSD does not get better on its own. Encourage Airmen to seek help.
- PTSD is an invisible wound. It is hard to know what is going on inside when they "appear normal."
- PTSD treatment includes psychotherapy or "talk" therapy and medication.

Symptoms include, but are not limited to:

- ◆ Constant, uncontrollable and unwanted intrusive and disturbing thoughts.
- ◆ Recurring distressful memories, thoughts, dreams, or flashbacks.
- ◆ Avoidance behavior and changing habits to avoid reminders of the traumatic event.
- ◆ Negative thoughts or mood disconnecting themselves or other people.
- ◆ Hyper-arousal symptoms such as irritability, difficulty sleeping, poor concentration, reckless behavior, and anger outbursts.

Facts and Figures:

- Approximately 7 to 8% of the U.S. population will have PTSD at some point.
- Women are 10% more likely to suffer from PTSD because they are more likely to experience sexual assault or child sexual abuse.
- During any given year, eight million people have PTSD in the U.S.
- Researchers developed very effective treatments leading to symptom reduction and even loss of a PTSD diagnosis.
- Early intervention is more likely to lead to positive outcomes.
- If you have an Airman who needs assistance, their primary care physician, the Behavioral Health Optimization Program (BHOP), Family Advocacy Program, and chaplains are good places to start them on their recovery path.
- [FOR MORE INFORMATION](#)

Personnel Topics of Interest

- Civilian hiring freeze lifted ([AFPC](#))
- Selection Board Secretariat 2018 selection board schedule released ([AFPC](#))
- Follow-on options for Airmen volunteering for extended deployment ([AFPC](#))
- Proposed 1,600 personnel increase to command support staffs ([AFPC](#))

Other June Observances

- LGBT Pride Month ([SAF/PA](#)) (*The SAF/PA site requires a CAC to access.*)

Commander's Call Topic Archive: <http://www.af.mil/AboutUs/CommandersCallTopics.aspx>

Commander's Call Topics is published weekly by SAF/PA to ensure leaders at all levels remain current on issues concerning Airmen and families. Requests for information to be included in future editions should be sent to SAF/PAX via [email](#).

Submissions should include:

- 1) 1-2 sentence synopsis of the issue
- 2) hyperlink to further details
- 3) a POC name and contact information.

*Only submissions that pertain to the majority of Airmen or specifically to command leadership teams will be considered. Local or limited-interest items will not be included.